

CHAPTER 4.00 - CURRICULUM AND INSTRUCTION

4.141* - Wellness Policy

POLICY:

1. The Superintendent shall establish a Wellness Program that shall include, but not be limited to, the components in the Wellness Plan and the following:
 - a. Nutrition goals that promote good nutrition for students and staff. Nutrition goals that provide students in pre-kindergarten through grade 12 with behavior-focused nutrition education integrated into the curriculum that is interactive and teaches the skills they need to adopt healthy eating habits.
 - b. Physical activity goals that provide a physical education program that emphasizes physical fitness and healthy lifestyles. Goals to provide all children, from pre-kindergarten through grade 12, with quality opportunities for physical activity that helps develop the knowledge, attitudes, skills, behaviors and confidence needed to be physically active for life.
 - c. Goals for other school-based activities designed to promote student wellness through the involvement of families in wellness activities. Goals to maintain a school and worksite environment that is free from tobacco, alcohol and other drugs. Goals to ensure that all buildings, structures, and grounds are inspected and meet health and safety standards.
 - d. A plan for implementing the goals of the program to go into effect each year on July 1st.
 - e. Nutrition guidelines for all food available on each school campus and district facility during the school/work day should include policies ensuring that all food and beverages available on school campuses and at school events contribute toward patterns that are consistent with the Dietary Guidelines for Americans. Schools will provide food options that are low in fat, calories and added sugars, such as fruits, vegetables, whole grains, and low-fat or nonfat dairy foods.
 - f. The Superintendent shall appoint a Wellness Coordinator and Wellness Steering Committee to manage and coordinate the implementation of the program. The steering committee which shall include, but not be limited to, representatives from the following areas: Health Professional, Elementary Teacher, Secondary Teacher, Physical Education Teacher, Risk Management, School Administrator, School Food Service, Parent, Community, and Student Representatives from the Levy Association of Student Councils.
 - g. School Administrators will appoint a Wellness Contact at each school site to work with the Wellness Coordinator regarding implementation and evaluation of the program. The local school wellness policy compliance checklist will be completed and submitted to the Wellness Coordinator at the end of each school year.

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- h. Evaluation and modification of the program will be conducted annually based on assessment data from the Wellness Steering Committee and recommendations from the USDA.
2. This program shall meet the requirements of the National School Lunch Act and the Child Nutrition Act Section 204 of Public Law 108-265 – June 30, 2004.

STATUTORY AUTHORITY:

1001.41, 1001.42, F.S.

LAWS IMPLEMENTED:

1001.43, 1006.06, 1006.0606, F.S.

STATE BOARD OF EDUCATION RULE:

6A-10.042

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